

Distance Running Results

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EDITORIAL

Tanith Maxwell, who has been selected for the World Championships Marathon, and Zintle Xiniwe scored wins in two 10 km races in Durban and Guguletu, Cape Town, respectively this weekend. Maxwell ran 35:52 in the Waterfall Super Spar 10 km and Xiniwe 35:24 in the Dave Spence Memorial 10 km. The men's winning times were close together: Sityhilo Diko clocked 30:05 in Guguletu and Siyabonga Nkonde 30:07 in Durban.

In Pretoria Leburu Kgosiemang (92:55) and Anita O'Brien (1:58:32) won one of South Africa's rare 25 km events, the Dinamika Springbok Vasbyt race.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Dave Spence Memorial 10 km, Guguletu
- * Waterfall Super Spar 10 km, Durban
- * Breakthru Midrand 15 km, Johannesburg
- * Neil's Hillwacht Gravel Travel 15 km, Uitenhage
- * Dinamika Springbok Vasbyt 25 km & 10 km, Pretoria
- * Washie 100-miler, Port Alfred to East London
- * XC: KZN League, Pinetown

International highlights:

- * Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km, Kingsport, USA
 - * Fortis Loopfestijn Voorthuizen, Voorthuizen, NED
 - * AdventureCORPS Badwater Ultramarathon, Furnace Creek to Mount Whitney, USA
 - * Track: European U.23 Championships, Ostrava, CZE; Kenyan World Championships Trials, Nairobi, KEN; KBC Night of Athletics, Heusden, BEL; Internationale Bottroper Leichtathletik Gala, Bottrop, GER; Memorial Paolo Delogu, Nuoro, ITA; Meeting International de la Province de Liège, Naimette-Xhovémont, BEL; Meeting de la Ville de Reims, Reims, FRA
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ROAD RUNNING

Dave Spence Memorial 10 km (2nd)

Guguletu, 17 July
(Finishers: 443)

MEN

1. Sityhilo Diko (Adid) 30:05 (R600); 2. Nkosinathi Madyo (Ned) 30:09 (R400); 3. Anthony Godongwana (Celtic) 30:17 (R250); 4. Victor Msopi (Ned) 30:35 (R150); 5. Tom Lusaseni (MP EP) 31:05 (R100).

Veterans: 1. Johnny Persents (Adid) 33:33 (R250); 2. John September (Celtic) 34:51 (R150); 3. Pieter Hanekom (Ned) 36:29 (R100). **Masters:** 1. Michael Bekapi (VOB) 36:27 (R150); 2. Shafiek Cassiem (Celtic) 38:37 (R100); 3. Paul Cieverts (Top) 39:35 (R50). **G'masters:** 1. Roger Davis (Celtic) 45:13 (R100); 2. Ivan Marais (Irene) 46:02 (R50). **Juniors:** 1. Asive Njenxa (Khay) 32:35 (R250); 2. Xolisa Melani (Celtic) 32:41 (R150); 3. Lukhanyo Malgas (Khay) 32:52 (R100).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (Ned) 35:24; 2. Bulelwa Simae (Ned) 36:01; 3. Nomvuyisi Seti (Celtic) 36:04; 4. Bulelwa Mtshagi (Celtic) 37:19; 5. Busisiwe Matiwane (Celtic) 37:59.

Veterans: 1. Sheryl de Lange (Adid) 40:32; 2. Mariëtte Estyerhuyse (Tyger) 42:09; 3. Patricia Adams (Met) 43:30. **Masters:** 1. Olga Howard (Celtic) 42:30; 2. Charmaine Cupido (Ned) 46:21; 3. Helen du Plessis (Tyger) 47:48. **G'masters:** 1. Marietha Herbert (Bell) 48:55; 2. Pixie Sparg (Celtic) 51:49. **Juniors:** 1. Asiphe Snyman (Celtic) 40:48; 2. Pamela Ntshemla (VOB) 41:21; 3. Amy Abrahams (Eerste) 41:33.

Waterfall Super Spar 10 km

Durban, 17 July
(Loop course)

MEN

1.	Siyabonga Nkonde	Boxer A C	30:07
2.	Sibonelo Duma	Boxer A C	31:23
3.	Professor Mollen	ZIM/Mr Price A C	31:35

40-49:

1.	Willie Majombozi	Boxer A C	35:39
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50-59:

1.	Jan Koegelenberg	Mr Price A C	37:52
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60+

1.	Piet Badenhorst	PDAC	46:09
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Juniors:

1.	Adam Lipschits	Mr Price A C	35:01
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WOMEN

1.	Tanith Maxwell	Boxer A C	35:52
2.	Carey-Ann Smith	Nedbank A C	36:56
3.	Kerry Koen	Nedbank A C	39:24

40-49:

1.	Shani Silver	Kearsney Striders	40:34
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50-59:

1.	Maria Waring	Legends A C	49:45
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60+:

1.	Linda Bell	QBH		56:23
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Breakthru Midrand 15 km

Johannesburg, 17 July

MEN

1	Nkopane	Seqhobane	LES/Gaut Str	31	47:26
2	Enoch	Manyande	Nedbank	22	47:51
3	Vincent	Kutoane	Nedbank	31	48:58

40-49:

1	Never	Matiya	Wanderers	42	52:32
2	George	Mooi	Temp	45	53:41
3	Caiphus	Masipha	Nedbank	47	57:32

50-59:

1	Johannes	Seakamela	RAC	52	57:29
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60+:

1	Don	Charles	Nedbank		64:26
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Juniors:

1	Mauritz	Turt	Hg Rdbg	18	51:01
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WOMEN

1	Cornelia	Joubert	Randmark	23	57:25
2	Charné	Bosman	Mr Price	35	57:56
3	Mpho	Mabuza	Ind	31	58:05

40-49:

1	Monica	Reis	Roodepoort		82:06
2	Lennette	Fouché	Kyalami	42	82:58

50-59:

1	Natalie	Sanders	Fourways	53	76:08
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60+:

1	Hazel	Quilliam	Roodepoort		1:47:16
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Juniors:

1	Estie	Brits	Kempies	18	66:08
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Neil's Hillwacht Gravel Travel 15 km

Uitenhage, 16 July

(Finishers:189)

MEN

1	Mzolisi	Makhanda	Nedbank RC EP	28	49:01
2	Ivan	Ambraal	SANDF Agn	22	50:12
3	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	50:16
4	Anele	Maliza	Nedbank RC EP	33	51:41
5	Simphiwe	Ntombana	Nedbank RC EP	17	51:55
6	Robert	Matthys	Mr Price AC EP	35	52:00
7	Vuyo	Witbooi	Outeniqua	35	52:39
8	Thando	Bixa	Triangle Sports	31	53:01
9	Alfred	Qogi	Nedbank RC EP	37	53:21
10	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	43	53:22
11	Duwayne	Lucas	Nedbank RC EP	21	53:51
12	Morne	Buis	Nedbank RC EP	18	54:37
13	Sipho	November	Nedbank RC EP	30	55:12

14	Mongezi	Mboya	PEAAC	33	55:14
15	Alfred	Malotana	Nedbank RC EP	41	55:41
16	Booi	Lewis (1 st mast)	Nedbank RC EP	50	55:49
17	Welcome	Loliwe	Nedbank RC EP	46	57:20
18	Erol	Thomas	Bo-Karoo MC	40	59:12
19	McVern	McKenzie	Bo-Karoo MC	18	59:30
20	Hernus	Sass	Nedbank RC EP	46	59:33

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	43	53:22
2	Alfred	Malotana	Nedbank RC EP	41	55:41
3	Erol	Thomas	Bo-Karoo MC	40	59:12

45-49:

1	Welcome	Loliwe	Nedbank RC EP	46	57:20
2	Hernus	Sass	Nedbank RC EP	46	59:33
3	Derek	Wilson	Charlo RR	47	1:05:38

50-54:

1	Booi	Lewis	Nedbank RC EP	50	55:49
2	Joseph	Bain	St Albans CS EP	51	1:03:41
3	Sidwel	Roboshi	Nedbank RC EP	51	1:05:03

55-59:

1	Robert	Rietmuller	PEAAC	55	1:10:44
2	Roland	Dace	Willard Batteries	56	1:14:41
3	Wilfred	Fraser	VW AC	55	1:16:03

60-64:

1	Hannes	Els	Madiba Bay AC	61	1:09:42
2	Piet	Meyer	St Albans CS EP	61	1:22:56
3	Eldon	Fortmann	Walmer AC	60	1:28:05

65-69:

1	William	Vorster	PEAAC	65	1:16:49
2	Brian	Smith	PEAAC	68	2:04:22
3	Jean	Nepgen	Kowie Striders	66	2:11:58

75-79:

1	John	Peart	Nedbank RC EP	75	1:59:19
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Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	50:16
2	Simphiwe	Ntombana	Nedbank RC EP	17	51:55
3	Morne	Buis	Nedbank RC EP	18	54:37

WOMEN

1	Marisa	Ferraris (1 st vet)	Triangle Sports	40	1:06:31
2	Ursula	Kuhn	Absa NMMU AC	29	1:06:48
3	Grizelda	Pietersen	Achilles AAA	42	1:10:02
4	Tracey	Almirall	Temp	30	1:11:14
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	1:11:24
6	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:11:31
7	Tiani	Claassen	Transnet RE EP	20	1:14:37
8	Megan	Kuhn	Temp	21	1:18:09
9	Nadya	Van Niekerk	Temp	27	1:20:58
10	Willemien	Du Randt	Transnet RE EP	36	1:22:35
11	Annelize	Shergold-Smith	Bluewater Bay	30	1:22:35
12	Cheri	Rademeyer	Muirite Striders	20	1:23:07
13	Melanie	Muller	Bluewater Bay	28	1:23:29
14	Sunelle	Horne	Bluewater Bay	37	1:25:26
15	Aletta	Joubert	Crusaders AC	49	1:25:30
16	Bronwen	Perry	Crusaders AC	29	1:25:39
17	Marlize	Hayward	Transnet RE EP	30	1:26:06

18	Megan	Wilson (1 st jun)	Charlo RR	15	1:26:59
19	Bronwin	Meyer	Charlo RR	38	1:27:23
20	Teresa	Van Jaarsveld	Temp	40	1:27:25
40-44:					
1	Marisa	Ferraris	Triangle Sports	40	1:06:31
2	Grizelda	Pietersen	Achilles AAA	42	1:10:02
3	Teresa	Van Jaarsveld	Temp	40	1:27:25
45-49:					
1	Aletta	Joubert	Crusaders AC	49	1:25:30
2	Charlene	De Coning	Crusaders AC	46	1:28:44
3	Ronell	Claassen	Transnet RE EP	48	1:29:44
50-54:					
1	Janette	Schierz-Crusius	Body Concept	50	1:11:24
2	Lynette	Crause	Walmer AC	51	1:34:29
3	Robin	Elbourne	Crusaders AC	53	1:40:31
55-59:					
1	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:11:31
2	Christine	Snyman	VW AC	55	1:29:31
3	Jos	Els	Madiba Bay AC	59	1:33:06
60-64:					
1	Denise	Terblanche	Walmer AC	63	1:43:42
2	Debbie	Oelofse	Legacy AC	64	2:08:46
3	Carol	Nepgen	Kowie Striders	60	2:11:49
65-69:					
1	Anna	Potgieter	Jeffreys Bay AC	65	1:49:30
2	Angeline	Kivido	Walmer AC	65	2:04:45
3	Margaret	Brittain	Legacy AC	68	2:08:48
70-74:					
1	Dorothy	Hart	PEAAC	73	1:47:25
Juniors:					
1	Megan	Wilson	Charlo RR	15	1:26:59

Dinamika Springbok Vasbyt 25 km & 10 km

Pretoria, 16 July

(Loop courses on trails. Finishers: 25 km – 550; 10 km – 990.)

25 km

MEN

1 Leburu Kgosiemang (Klerksdorp) 92:55; Courage Kaiyo (ZIM/Mr Price) 93:59; 3 Micah Kipyego (KEN/Nedbank) 96:06.

Veterans: 1 Bruce Arnett (Temp) 1:50:01. **Masters:** 1 Jan Mokiti (Exxaro) 2:01:10.

G'masters: 1 Jimmy Harding (Dosco) 2:33:05. **Juniors:** 1 Thomas Makgwathang (Nedbank) 1:52:45.

WOMEN

1 Anita O'Brien (Nedbank) 1:58:32; 2 Sharon Chinokuya (ZIM/Mr Price) 2:00:28; 3 Louisa Leballo (Mr Price) 2:00:39.

Veterans: 1 Canie Cullen (Wingate) 2:26:00. **Masters:** 1 Sandra Steenkamp (Irene) 2:06:28. **G'masters:** 1 Elaine Greenblatt (Rockies) 2:36:55.

10 km

MEN

1 Wesley Ruto (KEN/Nedbank) 35:58; 2 Wesley Mutai (KEN/New Balance) 36:49; 3 Esau Radebe (Transnet) 37:24.

Veterans: 1 Jackson Seanego (New Balance) 40:34 **Masters:** 1 Francis Makuka (ZAM/Bashewa) 43:01. **G'masters:** 1 Paulus Masilela (Kempton) 45:49. **Juniors:** 1 Johnathan Bredenkamp (Irene) 40:47.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 42:00; 2 Maxine Heine-Wacker (UJ) 43:02; 3 Michelle Williams (Toyota) 45:39.

Veterans: 1 Linda v.d. Gryp (Krugersdorp) 56:41. **Masters:** 1 Brenda Nooy (RAC) 59:18. **G'masters** 1 Mavis Stadler (Agape) 68:35. **Juniors:** 1 Kylie Merick (H/S Centurion) 50:37.

Washie 100-miler (35th)

Port Alfred to East London, 15-16 July

(Distance: 161 km; point-to-point course. Finishers: 40.)

Note: Gail Langley, who scored her second consecutive victory, finished third overall and Meg Davey fourth. – Ed.

MEN

1. Jeremiah Botha (31)	Albany Road Runners	17:12:16
2. Pieter Jagers (43)	United AC	17:59:23
3. Chris Darke (43)	Achilles AAA	18:39:18
4. John Magagane (49)	RRW	18:44:22
5. Gerald Carmont (51)	Ind	19:16:42
6. Eric Wright (56)	RRW	19:18:59
7. Kristian Tierney (37)	Hilcrest Villagers	19:53:56
8. Colin Bosch (50)	Hams Tech	20:01:28
9. Peter Kwakwa (34)	SANDF WP	20:06:03
10. David Duffey (50)	Buffalo RR	20:05:04

WOMEN

1. Gail Langley (42)	Buffalo RR	18:33:24
2. Meg Davey (41)	RAC	18:35:19
3. Hazel Moller (38)	Bedfordview CC	19:30:26
4. Susan Hurter (48)	AS Eagles	19:58:40
5. Elsabé de Klerk (54)	Bloemfontein Ach	20:36:57
6. Mandy Morgan (43)	RWFL	21:29:53
7. Yolán Friedmann (38)	RRR	22:24:10
8. Julie Patrick (42)	Old Selbornians	22:28:17
9. Gigi Tsang (45)	Dubai CS	24:30:34
10. Antoinette Human (43)	Willard Batteries	24:14:24

CROSS-COUNTRY**KZN League**

Pinetown, 16 July

MEN (12 km)

1.	Thubaletu Phaku	DUT	36:32
2.	Thobani Chagwe	Boxer AC	36:58

2. Claude Eksteen PDAC 37:28

40-49 (8 km):

1. Willie Majombozi Boxer AC 28:50
 2. Justin Hand DHSOB 29:00
 3. Ntuli Sibusiso Nedbank AC 30:55

50-59 (8 km):

1. Andy Daly West AC 31:41
 2. Bongani Ndlovu Zabala AC 32:25
 3. Laurie Raubenheimer Hilton Harr 33:30

60+ (6 km):

1. Eric Quibell HV 24:09
 2. Petros Shumi Zabalaza AC 26:20
 3. Andre Pentz Eskom Gijimas 27:58

WOMEN (8 km)

1. Puseletso Dladla DUT 30:40
 2. Loveness Madziva ZIM/Phumanathi 31:12
 3. Makosi Mhlongo Savages 31:37

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km (22nd)

Kingsport, USA, 16 July
 (Certified figure-8 course)

MEN (extended gun times)

1. Shadrack Kosgei, 26, Nyack, NY (KEN) 22:21.3 PB \$5000
 2. Simon Ndirangu, 25, Royersford, PA (KEN) 22:24.1 PB 3000
 3. Stephen Muange, 30, Las Cruces, NM (KEN) 22:29.2 2000
 4. Julius Koskei Kibet, 29, Hebron, KY (KEN) 22:33.0 1000
 5. Josphat Boit, 27, Fayetteville, AR (KEN) 22:36.7 PB 700

WOMEN (extended gun times)

1. Alexa Hinton, 30, Nashville, TN 29:26.3
 2. Marley Burns, 22, Weaverville, NC 30:16.1
 3. Amanda Tate, 33, Kingsport, TN 30:24.6
 4. Molly Allen, 40, Kingsport, TN 31:52.4
 5. Tracy Brooks, 27, Tazewell, TN 32:00.7

Fortis Loopfestijn Voorthuizen (15th)

Voorthuizen, NED, 13 July
 (Distance: 10 km)

MEN

1. Stephen Chelimo, KEN 28:48 € 500
 2. Robert Kiprono Cheruiyot, KEN 29:20 400
 3. Abdelhadi El Hachimi, MAR 29:38 300

WOMEN

- | | | |
|-------------------------|-------|-------|
| 1. Susan Chepkemei, KEN | 32:59 | € 500 |
| 2. Naomi Jepkosgei, KEN | 35:09 | 400 |
| 3. Mariska Kramer, NED | 35:13 | 300 |

ULTRA/TRAIL/MOUNTAIN RUNNING**AdventureCORPS Badwater Ultramarathon** (34th)

Furnace Creek (Death Valley) to Mount Whitney, USA, 11-13 July

(Distance: 135 miles net uphill beginning at 85 m below sea level and finishing at 2533 m above sea level; runners cross three mountain ranges on their way to the finish)

MEN

- | | |
|--|----------|
| 1. Oswaldo Lopez, 39, Madera, CA (MEX) | 23:41:40 |
| 2. Ryoichi Sekiya, 44, JPN | 24:49:37 |
| 3. Michael Wardian, 37, Arlington, VA | 26:22:01 |

WOMEN

- | | |
|-----------------------------------|----------|
| 1. Sumi Inagaki, 45, JPN | 28:49:27 |
| 2. Jennifer Votel, 30, Duluth, GA | 29:42:12 |
| 3. Iris Cooper Imhof, 42, CAN | 29:51:23 |

TRACK**European U.23 Championships**

Ostrava, CZE, 14-17 July

MEN

800 (15):

- | | | |
|--------------------------------|---------|--------|
| 1. Adam KSZCZOT, POL, 1989 | 1:46.71 | Gold |
| 2. Kevin LÓPEZ, ESP, 1990 | 1:46.93 | Silver |
| 3. Mukhtar MOHAMMED, GBR, 1990 | 1:48.01 | Bronze |

1500 (17):

- | | | |
|--------------------------------|---------|--------|
| 1. Florian CARVALHO, FRA, 1989 | 3:50.42 | Gold |
| 2. James SHANE, GBR, 1989 | 3:50.58 | Silver |
| 3. David BUSTOS, ESP, 1990 | 3:50.59 | Bronze |

5000 (16):

- | | | |
|-------------------------------------|----------|--------|
| 1. Sindre BURAS, NOR, 1989 | 14:22.69 | Gold |
| 2. Ross MILLINGTON, GBR, 1989 | 14:22.78 | Silver |
| 3. Jesper VAN DER WIELEN, NED, 1991 | 14:23.31 | Bronze |

10000 (14):

- | | | |
|------------------------------------|----------|-----------|
| 1. Sondre Nordstad MOEN, NOR, 1991 | 28:41.66 | PB Gold |
| 2. Ahmed EL MAZOURY, ITA, 1990 | 28:46.97 | PB Silver |
| 3. Musa ROBA-KINKAL, GER, 1989 | 28:57.91 | SB Bronze |

3000 s/chase (17):

- | | | |
|-----------------------------------|---------|--------|
| 1. Sebastián MARTOS, ESP, 1989 | 8:35.35 | Gold |
| 2. Abdelaziz MERZOUGUI, ESP, 1989 | 8:36.21 | Silver |
| 3. Alexandru GHINEA, ROU, 1989 | 8:38.51 | Bronze |

WOMEN

800 (15):

- | | |
|--------------------------------|-------------------|
| 1. Yelena ARZHAKOVA, RUS, 1989 | 1:59.41 PB Gold |
| 2. Merve AYDIN, TUR, 1990 | 2:00.46 SB Silver |
| 3. Lynsey SHARP, GBR, 1990 | 2:00.65 PB Bronze |

1500 (17):

- | | |
|--------------------------------|----------------|
| 1. Yelena ARZHAKOVA, RUS, 1989 | 4:20.55 Gold |
| 2. Tugba KARAKAYA, TUR, 1991 | 4:20.80 Silver |
| 3. Corinna HARRER, GER, 1991 | 4:21.52 Bronze |

5000 (17):

- | | |
|------------------------------------|--------------------|
| 1. Layes ABDULLAYEVA, AZE, 1991 | 15:29.47 NR Gold |
| 2. Yekaterina GORBUNOVA, RUS, 1989 | 15:45.14 Silver |
| 3. Stevie STOCKTON, GBR, 1989 | 15:58.51 PB Bronze |

10000 (15):

- | | |
|----------------------------------|--------------------|
| 1. Layesh ABDULLAYEVA, AZE, 1991 | 32:18.05 CR Gold |
| 2. Lyudmyla KOVALENKO, UKR, 1989 | 33:35.36 Silver |
| 3. Catarina RIBEIRO, POR, 1990 | 34:10.39 PB Bronze |

3000 s/chase (16):

- | | |
|--------------------------------|-------------------|
| 1. Gülcan MINGIR, TUR, 1989 | 9:47.83 Gold |
| 2. Jana SUSSMANN, GER, 1990 | 9:48.01 Silver |
| 3. Mariya SHATALOVA, UKR, 1989 | 9:48.22 SB Bronze |

Kenyan World Championships Trials

Nairobi, KEN, 15-16 July

MEN

800 (16):

- | | |
|------------------------------------|---------|
| 1. David Rudisha, Kenya Police | 1:43.76 |
| 2. Jackson Kivuva, Defence Forces | 1:44.40 |
| 3. Alfred Kirwa Yego, Kenya Police | 1:44.78 |

1500 (16):

- | | |
|--------------------------------------|---------|
| 1. Silas Kiplagat, Kenya Prisons | 3:31.39 |
| 2. Asbel Kiprop, Kenya Police | 3:32.26 |
| 3. Daniel Kipchirchir Komen, Nairobi | 3:32.47 |
| ... 7. Augustine Choge, Kenya Police | 3:36.91 |

5000 (16):

- | | |
|-----------------------------------|----------|
| 1. Isaiah Koech, Kenya Police | 13:21.31 |
| 2. Thomas Longosiwa, Kenya Police | 13:22.89 |
| 3. Eliud Kipchoge, Unattached | 13:23.48 |

10000 (16):

- | | |
|--|---------|
| 1. Peter Cheruiyot Kirui, Admin Police | 27:32.1 |
| 2. Wilson Kiprop, Kenya Prisons | 27:32.9 |
| 3. Martin Irungu Mathathi, Unattached | 27:36.6 |
| 4. Geoffrey Mutai, Kenya Police | 27:38.9 |

3000 s/chase (16):

- | | |
|-------------------------------------|---------|
| 1. Brimin Kipruto, Unattached | 8:20.19 |
| 2. Richard Mateelong, Kenya Police | 8:21.39 |
| 3. Abraham Chirchir, Defence Forces | 8:22.34 |

WOMEN

800 (16):

- | | |
|-----------------------------------|---------|
| 1. Janeth Jepkosgei, Kenya Police | 1:59.34 |
| 2. Eunice Sum, Kenya Police | 1:59.66 |
| 3. Cherono Koech, South Rift | 1:59.68 |

1500 (16):

- | | |
|---------------------------------------|---------|
| 1. Hellen Obiri, Defence Forces | 4:08.68 |
| 2. Joyce Chepkirui, North Rift | 4:08.80 |
| 3. Nancy Jebet Langat, Defence Forces | 4:08.90 |

5000 (16):

- | | |
|--------------------------------|---------|
| 1. Sylvia Kibet, Kenya Police | 15:38.5 |
| 2. Linet Masai, Kenya Police | 15:40.5 |
| 3. Mercy Cherono, Kenya Police | 15:42.4 |

10000 (15):

- | | |
|------------------------------------|---------|
| 1. Vivian Cheruiyot, Kenya Police | 31:55.6 |
| 2. Sally Kipyego, Unattached | 31:57.8 |
| 3. Priscah Jepleting, Nyanza South | 31:59.1 |

3000 s/chase (16)

- | | |
|---------------------------------------|--------|
| 1. Milcah Chemos Cheywa, Kenya Police | 9:32.0 |
| 2. Lydia Rotich, Kenya Police | 9:32.2 |
| 3. Mercy Njorge, Defence Forces | 9:34.0 |

KBC Night of Athletics

Heusden, BEL, 16 July

MEN

800:

Heat 5:

- | | |
|-----------------------------------|---------|
| 1. Andre OLIVIER, 1989, RSA | 1:48.36 |
| 2. David MCCARTHY, 1983, IRE | 1:49.14 |
| 3. Azzine BOUDJEMA, 1982, ALG | 1:49.55 |
| ... 7. Zwelakhe SEBOTO, 1988, RSA | 1:50.86 |
| ... 9. Hannes NAUDE, 1990, RSA | 1:52.46 |

1500:

Heat A:

- | | |
|-------------------------------------|---------|
| 1. William BIWOTT TANUI*, 1990, TUR | 3:35.93 |
| 2. Arega DAWIT WOLDE, 1991, ETH | 3:36.40 |
| 3. Will LEER, 1985, USA | 3:37.42 |
| 4. Lopez LOMONG, 1985, USA | 3:37.91 |

*) Now running for Turkey under the name "Ilham Tanui ÖZBILEN"

Heat B:

- | | |
|-------------------------------|------------|
| 1. Ben BLANKENSHIP, 1988, USA | 3:37.76 |
| 2. A.J. ACOSTA, 1988, USA | 3:38.77 |
| 3. John JEFFERSON, 1982, USA | 3:39.39 PB |
| ... Samuel SEPENG, 1987, RSA | DNF |

Heat 2:

- | | |
|-----------------------------|----------|
| 1. Elmar ENGHOLM, 1992, SWE | 3:49.55, |
|-----------------------------|----------|

- 2. Joonas LEHTINEN, 1988, FIN, 3:50.13 PB
- 3. Brian VAN DEN BOSSCHE, 1989, BEL, 3:50.52 PB
- ... 13. Dikotsi LEKOPA, 1988, RSA, 3:56.54,

Heat 3:

- 1. Malcolm HICKS, 1987, NZL, 3:47.27,
- 2. Riku MARTTINEN, 1987, FIN, 3:47.76,
- 3. James NIPPERESS, 1990, AUS, 3:48.35,
- 4. Jerry MOTSAU, 1990, RSA, 3:48.68,

5000:

Race A:

- 1. Albert ROP, 1992, KEN, 13:10.37 PB
- 2. David BETT, 1992, KEN, 13:13.66
- 3. Abraham KIPLIMO, 1989, UGA, 13:14.33 PB
- ... 10. Elroy GELANT, 1986, RSA, 13:33.45
- ... 18. Gladwin MZAZI, 1988, RSA, 13:49.79
- ... 20. Gert MANORA, 1984, RSA, 14:12.65

3000 s/chase:

- 1. Ben BRUCE, 1982, USA, 8:26.16
- 2. Yuri FLORIANI, 1981, ITA, 8:28.64 PB
- 3. Kyle ALCORN, 1985, USA, 8:29.68
- ... 12. Dean BRUMMER, 1988, RSA, 8:56.61 PB
- ... Edwin MOLEPO, 1987, RSA, DNF

WOMEN

1500:

Heat 2:

- 1. Delilah DICRESCENZO, 1983, USA, 4:16.08
- 2. Evelien RUIJTERS, 1985, NED, 4:16.31 PB
- ... 7. Mapaseka MAKHANYA, 1985, RSA, 4:19.36

5000:

- 1. Almensch BELETE, 1989, ETH, 15:09.71
- 2. Genet AYALEW, 1992, ETH, 15:10.45
- 3. Waganesh MEKASHA, 1992, ETH, 15:11.50 PB

Internationale Bottroper Leichtathletik Gala

Bottrop, GER, 15 July

WOMEN

3000 s/chase:

- 1. Almaz Ayana, 1991, ETH, 9:30.23
- 2. Birtukan Adamu, 1992, ETH, 9:35.72
- 3. Hanane Ouhaddou, 1982, MAR, 9:46.38
- 4. Tebogo Masehla, 1979, RSA, 9:55.49

Memorial Paolo Delogu (25th)

Nuoro, ITA, 13 July

MEN

800:

- 1. Mark WIECZOREK, 1984, USA 1:46.50
- 2. Eliud Kiptoo RUTTO, 1985, KEN, 1:46.80

3. Quin FERGUSON, 1988, CAN, 1:48.62
 ... 7. Rynhardt VAN RENSBURG, 1992, RSA, 1:52.58

1500:

1. David TORRENCE, 1985, USA, 3:39.56
 2. Russell BROWN, 1985, USA, 3:39.58
 3. Henok LEGESSE, 1988, ETH, 3:40.19
 ... 10. Peter VAN DER WESTHUIZEN, 1984, RSA, 3:44.34

Meeting International de la Province de Liège

Naimette-Xhovémont, BEL, 13 July

MEN

800:

1. Andre Olivier, RSA, 1:48.10
 2. Anthony Chemut, KEN, 1:48.25
 3. Soren Ludolph, GER, 1:48.45

Meeting de la Ville de Reims

(Athle Pro Tour)

Reims, FRA, 5 July

WOMEN

800:

1. Yuneysi SANTIUSTI, CUB, 2:00.15
 2. Zahra BOURAS, ALG, 2:00.60
 3. Hind DEHIBA-HAHYD, Jogging Melun Val-de-seine, 2:00.83
 ... 5. Caster SEMENYA, RSA, 2:01.02

BACKGROUND

KOSENCHA THE NEW TWO-LAP STAR

There were some wonderful performances at the World Youth Championships in Lille (results in last week's DRR). The best of these came from two 16-year-old boys, one a Kenyan middle distance runner and the other a shot putter from New Zealand. Jake Stein of Australia in the octathlon (6491 points) and the American boys' (1:49.47) and Jamaican girls' (2:03.42) 1000 m medley relay teams also set world youth bests, but there was nothing to compare to a 1:44.08 800 m and a distance of 24.35 m with the 5 kg shot.



Leonard Kosencha (b. 21.8.94) is the most prodigious talent yet seen over two laps. Hailing from the same village as David Rudisha, he came to France with a PB of 1:46.9 at high altitude. In his semi he caused a stir by running 1:47.11 for a championship record while in the final (pictured) he smashed the world youth (U.18) best. Leading throughout, passing 200 m in 24.60 and 400 m in 50.85, he registered a time which has only ever been bettered by two juniors and which ranks him fifth among the world's seniors this year!

Of the four men who have clocked inside 1:42, Seb

Coe had a best at 16 of just 1:56.0, Joaquim Cruz had run 1:49.8, Wilson Kipketer 1:49.6 and David Rudisha had not raced at all at 800 m; he clocked 1:46.3 at 17. The place times were sensational also as Mohammed Aman broke the Ethiopian men's record with 1:44.68 and Timothy Kitum ran 1:44.98 – for second and third on the world youth all-time list.

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2011 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2011 MARATHON: TOP 11 VETERAN MEN

Note: Elias Mabane's prolific racing schedule is evident from this list; he owns the top four times. – Ed.

2:22:07	Elias Mabane	1	Benoni	30 Jan
2:22:46	Mabane-2	1	George	13 Feb
2:26:25	Mabane-3	1	Johannesburg	27 Mar
2:26:37	Mabane-4	1	Edenvale	06 Mar
2:28:38	Piet Mosebedi	2	George	13 Feb
2:29:57	Butiki Jantjies	3	George	13 Feb
2:31:13	Jacob Mazibuko	4	George	13 Feb
2:31:54	Petros Sosibo	5	George	13 Feb
2:32:06	Nikky Masombuka	2	Johannesburg	27 Mar
2:33:55	Richard Dlamini	1	Midmar Dam	20 Mar
2:33:55	Johnny Persents	6	George	13 Feb
2:34:23	Reginald Ngobese	1	Johannesburg	13 Feb
2:35:11	Greg Barnes	1	Pretoria	22 Jan
2:35:11	Enoch Ngubane	7	George	13 Feb

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

99 years ago: 14 July 1912

The French celebrate Bastille Day on 14 July, but in South African athletics history that day marks the 1912 Olympic Marathon victory by Ken McArthur when he beat his team-mate Christian Gitsham in Stockholm in 2:36:54.8 (the race was run over 40.2 km). It was the last time in Olympic history that runners from the same country finished first and second in the marathon. McArthur occupies a unique place in South Africa's sporting history: he was the first to win a distance event for South Africa at the Olympic Games. He never lost a marathon and was one of our earliest sports heroes. McArthur was born on 10 February 1881 in the Northern Ireland market town of Dervock in the borough of Ballymoney. Apart from his Olympic triumph his greatest race was on 5 November 1910 when he won the Argus Marathon in Cape Town in 2:42:58.2, a new SA record and a mere 27.2 seconds slower than the world record run by Briton Harry Barrett the previous year in the inaugural Polytechnic Marathon. But, more significantly, it was the fastest time yet recorded on an out-and-back course anywhere in the world. McArthur died on 13 June 1960 and is buried in Potchefstroom. Ballymoney is planning extensive festivities next year to celebrate the centenary of McArthur's Olympic win, including a commemorative half marathon. It is also planned that the Olympic torch will pass through the town on its way to London.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

This section lists this year's best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Open

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
21.1 km	42:58	Mohamed Trafeh (USA)		24 Apr
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	61:42	Stephen Mokoka	Yangzhou	07 May
	58:30	Zerzenay Tadese (ERI)		
30 km	58:23	Zersenay Tadese (ERI) 2010		09 Jan
	78:37	Richard Mavuso	Pretoria	
Marathon	72:13	Mathew Kipkoech Kisorio (KEN)		08 May
	71:50	Sammy Kosgei (KEN) 2010		
100 km	1:36:14	Elroy Gelant	Camps Bay	08 May
	1:32:08	Jason Lehmkuhle (USA)		
100 km	87:49**	Haile Gebrselassie (ETH) 2009		08 May
	2:09:25	Lusapho April	Hannover	
100 km	2:03:02A	Geoffrey Mutai (KEN)		08 May
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	31:45	Butiki Jantjies	Germiston	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	50:25	Johnny Persents	Eersterivier	25 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:19	Piet Mosebedi	Port Elizabeth	02 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:37	Nikky Masombuka	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:58	Stuart McCall	Germiston	22 May
	32:10	Vladimir Kotov	Cape Town	
15 km	30:35	Tecwyn Davies (GBR) 1988		13 Mar
	53:11	Johannes Seakamela	Alberton	
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]

	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[72:01	Vladimir Kotov	Port Elizabeth	02 Jul]
	66:42	Martin Rees (GBR) 2003		
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
Marathon	2:40:32	Stuart McColl	George	13 Feb]
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	84:35	Awie Veldsman	Port Elizabeth	02 Jul
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:22	Luxolo Mdzanga	Eersterivier	25 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:59	Melikhaya Frans	Port Elizabeth	02 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:43	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	94:11	Louisa Leballo	Pretoria	07 May
	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:47	René Kalmer	Prague	08 May
	2:19:19	Mary Keitany (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:34	Michelle Bartman	Bellville	04 Jun
	32:14	Priscilla Welch (GBR) 1985		

15 km	57:51 49:35	Joanna Thomas Priscilla Welch (GBR) 1985	Constantia	12 Mar
21.1 km	82:47 69:56	Maya Lawrie Irina Permitina (RUS) 2009	Port Elizabeth	02 Jul
25 km	1:49:34A 1:49:49	Frith van der Merwe Grace de Oliveira	Somerset East Durban	19 Mar 20 Mar
30 km	82:13 1:51:37	Mizuki Noguchi (JPN) 2005 Mieke Pullen (NED) 2001	Camps Bay	09 Jan
Marathon	2:53:24A 2:54:53 2:26:51	Joanna Thomas Joanna Thomas Priscilla Welch (GBR) 1987	Oudtshoorn George	26 Feb 13 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:09 34:44	Olga Howard Tatyana Pozdniakova (UKR) 2005	Bellville	04 Jun
15 km	67:09 54:33	Bev Charters Shirley Matson (USA) 1991	Constantia	12 Mar
21.1 km	92:17 76:07	Annatjie Botes Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	02 Jul
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48 2:31:05	Annatjie Botes Tatyana Pozdniakova (UKR) 2005	George	13 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:35:47	Liz Ruickbie	Port Elizabeth	02 Jul
25 km	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	36:08 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	10 Apr
15 km	59:51 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	25 Jun
21.1 km	1:25:31 1:09:05	Letitia Saayman Delilah Asiago (KEN) 1991	Stellenbosch	30 Apr

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